**Nutrition diary**

**Name and surname:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Country:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Meal** | **Day 1:** | **Day 2:** | **Day 3:** |
| **Breakfast**  Time: |  |  |  |
| **Morning snack**  Time: |  |  |  |
| **Lunch**  Time: |  |  |  |
| **Afternoon snack**  Time: |  |  |  |
| **Dinner**  Time: |  |  |  |
| **Snacks** |  |  |  |
| **Beverages** |  |  |  |

**Explain what affected in your consumption of food**

|  |  |  |
| --- | --- | --- |
| **Day 1:** | **Day 2:** | **Day 3:** |
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